

Summer 2012

This pathfinder will be useful in finding information about spirituality – the way of being and acting in the world in connection with a higher purpose.

## Resources

### Books

**Soulful Spirituality: Becoming Fully Alive and Deeply Human** (2011) by David G. Benner

**The Seeker's Guide** (2000) by Elizabeth Lesser

**Blessing in Disguise: 39 Life Lessons from Today's Greatest Teachers** (2008) by Andrea Joy Cohen M.D

**Kitchen Table Wisdom 10th Anniversary** (2006) by Rachel Naomi Remen

**Pocketful of Miracles: Prayer, Meditations, and Affirmations to Nurture Your Spirit Every Day of the Year** (1994) by Joan Borysenko

### Where to find books

#### Library Catalogs

Use an online library catalog to find a copy of these books and tapes.

**Puck Learning Resource Center**  
[www.opac.libraryworld.com](http://www.opac.libraryworld.com) Use Puck LRC for login, no password

**Cleveland Public Library**  
[www.CPL.org](http://www.CPL.org)

**Cuyahoga County Public Library**  
[www.cuyahogalibrary.org](http://www.cuyahogalibrary.org)

**World-wide library catalog**  
[www.worldcat.org](http://www.worldcat.org)

### Websites

**National Cancer Institute** offers information for cancer patients on the benefits of spirituality in cancer care. Go to [www.cancer.gov](http://www.cancer.gov), then type in spirituality in the search box.

**American Cancer Society** online offers a wide variety of information on many different kinds of spiritual practices. Go to [www.cancer.org](http://www.cancer.org). In the search box, type: mind body spirit. A list of links will show. Click on the one that interests you.

**Spirituality & Health Magazine** has an online version that includes videos, interviews, blog posts, and articles covering topics for the mind, body, and soul. Go to [www.spiritualityhealth.com](http://www.spiritualityhealth.com)

This Pathfinder is a suggested list of books and websites and is not meant to take the place of medical advice or professional counseling. If you have any questions, please talk to your doctor, nurse, or social worker.